Food diary

Food diary from Weight day 1 Weight day 7 Day 1 Day 2 Day 3 Day 4 Fluids Fluids Fluids Fluids Breakfast Breakfast Breakfast Breakfast Snacks Snacks Snacks Snacks Lunch Lunch Lunch Lunch Snacks Snacks Snacks Snacks Dinner Dinner Dinner Dinner Snacks Snacks Snacks Snacks Exercise Exercise Exercise Exercise Day 5 Day 6 Day 7 Reflection What have I noticed about my Fluids Fluids Fluids eating habits? Breakfast Breakfast Breakfast What is good? Snacks Snacks Snacks Lunch Lunch Lunch What is not so good? Snacks Snacks Snacks Dinner Dinner Dinner Special comments or questions. Snacks Snacks Snacks Exercise Exercise Exercise